50

Simple Recipes for Serving SHREDDED WHEAT

581707 18

The Essence of the World's Diet

With the whole world to choose from—and ranging all the way up from the Rice and Banana diet of the negro to the choicest menu of the Parisian epicure—it is not possible to obtain greater nourishment than is contained in a meal of Shredded Wheat. Shredded Wheat is whole wheat—and whole wheat ***contains every element the human body needs for its complete nourishment.*** It may be said, therefore, that the whole wheat grain, when properly cooked, may form a perfect meal in itself. In growing children it supplies all the material needed for bone, brain and muscle ; in the adult for restoring used-up tissue and nerve force.

The favourite food among the best informed is Shredded Whole Wheat, a food that contains all the body-building material in the whole wheat ***prepared in its most digestible form.*** In making Shredded Wheat the whole wheat is first steam-cooked for thirty minutes at a temperature of 260° Fahrenheit. In this cooking process the starch cells of the wheat are broken down and made soluble

Mo-pam SHREDDED WHEAT—
QT 235 192* S56f

and digestible. The cooked whole wheat is then drawn out into fine, filmy, porous shreds which are then formed into light Biscuits and baked in an oven at a temperature of 450° Fahrenheit. This baking process still further dextrinizes the starch in the whole wheat. The crisp, porous shreds are quickly penetrated by the digestive fluids.

WHERE SHREDDED WHEAT IS MADE.

Shredded Wheat is made in the cleanest food factory in the world under the most perfect hygienic conditions. It is a simple elemental food, not "compounded" or "treated" with anything and contains no yeast, baking powder, grease, fats, preservatives or chemicals of any kind.

There are hundreds of ways in which Shredded Wheat Biscuit may be eaten, and in the following pages we have compiled a selection of recipes, fifty in number, from which a choice of some delightful meals may be easily made.

The SHREDDED WHEAT CO. LTD.
General Buildings, Aldwych,
LONDON, W.C. 2.

Useful Cookery Hints.

MEASURING.—Where the quantity of rolled and sifted Biscuit is given, a tin measuring cup holding half pint is used, and the crumbs are measured light like flour. Liquids measured by the cupful, means all the cup will hold. A spoonful of liquid is all that the spoon will hold. Flour, butter, spices, seasonings, salt, and other solids are measured level. To measure a level spoonful, dip the spoon into the dry material, taking up a heaping spoonful, and level off with a knife. Any part of a spoonful may be obtained by cutting lengthwise of the spoon for the half, and crosswise the half for the quarter.

A tablespoon of butter melted is measured before it is melted.

A tablespoon of melted butter is measured after it is melted.

A cup of cream whipped is measured before it is whipped.

A cup of whipped cream is measured after it is whipped.

½ cup of butter	equals	¼ pound.
2 level tablespoons butter	,,	1 ounce.
4 level tablespoons flour	,,	1 ounce.
16 tablespoons liquid	,,	1 cup.
4 saltspoons	,,	1 teaspoon.
4 teaspoons	,,	1 tablespoon
12 tablespoons (dry material)	,,	1 cupful.
4 cupfuls (flour)	,,	1 pound.
1 cupful granulated sugar	,,	½ pound.

Always sift flour, powdered sugar, spices, salt, mustard, baking powder, and soda before measuring, as much more than the quantity called for will be used if measured in a solid state as found in the original package.

In all recipes, etc., 4 Biscuits = 1 measuring cup full or ½ pint.

In all recipes, etc., 1 Biscuit = ¼ measuring cup full or ½ pint.

MIXING :—To stir, is to mix materials by stirring round and round, increasing the circle and so blend the material.

To beat, is to mix over and over, letting the bowl of the spoon touch the bottom of the mixing bowl, and carrying mixture across to opposite side and repeat, so as to incorporate all the air-cells possible into the mixture.

To fold and cut, is to turn the mixture over, cut down, and lift up, folding the mixture so as to just blend the material, but not break the air cells.

A good thing to remember in making custards is that over-cooking causes a separation ; unless too far gone the smoothness may be restored with a Dover egg-beater or by pouring from one pitcher to another. Soft custards should be made in milk boiler. Baked custards should be placed in pan of hot water while in the oven. In making jellies or dressing, where the beaten eggs are added to a hot mixture, always turn the mixture on to the eggs, beating rapidly. This prevents the curdling so often found in jellies and cooked dressing.

RECIPES.

1. Shredded Wheat, with Milk, Cream or Marmalade, &c., hot or cold, for breakfast. Hold the Biscuit between thumb and second finger, and with bottom side down ; dip it quickly in and out of cold milk or cold water. Hold perpendicularly till the liquid drains from one end. Lay the biscuit in a buttered pan, **cover,** and put in hot oven from three to five minutes. Remove to a warm plate, and serve with milk or cream, and sugar ; or salt, if preferred ; or with butter and marmalade. To serve Biscuit cold, after dipped as above, let it set from three to five minutes on a plate ; then serve as described above.

2. Shredded Wheat Biscuit and Butter. Cover the Shredded Wheat with thin slices of butter, and place in oven a few moments ; then cut into small pieces along the grain, and serve at once ; or, split the Biscuit lengthwise into halves, and toast in pan for two or three minutes in hot oven, or over coals till a light brown, and serve with butter.

3. Poached or Scrambled Eggs on Shredded Wheat Biscuit. Moisten the Biscuit **slightly** with cold water, place small bits of butter on top ; put in buttered pan in hot oven about three minutes. Remove to warm plate. Use as toast for scrambled or poached eggs. Halves may be used instead of whole Biscuit.

4. Shredded Wheat with Jellied Apple Sandwich. Take one pint package of raspberry jelly and dissolve in one pint of boiling water. Put about ¼-inch of the dissolved jelly into a mould which has been previously chilled in cold water; allow this to set; now place upon this, side by side, one or two biscuits which have been cut open and filled with stewed apple. Cover with the remainder of the jelly; set away to chill, and in serving, use milk or cream, and sugar to taste.

5. Shredded Wheat Biscuit Baskets. Prepare the Biscuit by cutting with a sharp pointed knife an oblong cavity in the top of Biscuit, cutting about ¼-inch from the sides and ends; carefully remove top and take out all inside shreds, making a basket shape. It may be then toasted lightly. Fill with crushed strawberries or other juicy fruit or any creamed vegetables.

6. Shredded Wheat Biscuit Toast. Split the Biscuit lengthwise into halves, toast to nice brown in oven, taking care that they do not burn, or toast over coals. With a knife first dipped in hot water lay thin slices of butter on the toast and serve at once.

7. Fish Sandwiches. One tin salmon, yolks of six hard-boiled eggs, ½ teaspoon salt, ¼ teaspoon paprica, two tablespoons lemon juice, two tablespoons chopped parsley, boiled salad dressing, 15 Shredded Wheat Biscuits. Drain oil from salmon, remove skin and bones, and mash fine with a silver fork. Put the eggs through a potato masher, add to the fish with salt and paprica, lemon juice and parsley. Mix thoroughly and add

½ cup of the boiled dressing to make a smooth, soft mixture. Split the Biscuits, remove some of the inside shreds, heat thoroughly in the oven and with a knife first dipped in hot water, lay thin slices of good butter on the inside of the halves. Then put 1-inch layer of the prepared fish on the bottom half; put the top half on, press lightly together, smooth ends and sides with sharp pointed knife inserted from the top, cut sandwich across into four equal parts.

8. Chocolate Blanc Mange. One quart milk, ½ teaspoon salt, four Shredded Wheat Biscuits, rolled and sifted, ½ cup sugar, ½ cake chocolate, white of one egg. Put the chocolate in the milk, scald and add rolled Biscuit, and salt, and cook 15 minutes. Add sugar, cook five minutes, then remove from fire. Turn on to the white of the egg beaten stiff, cut and fold, and add vanilla. Turn into a mould wet and cooled with cold water, set away in a cold place to harden. Turn from mould and serve with cream and sugar.

9. Shredded Wheat Biscuit Dainties. Split lengthwise and dip the bottom half quickly into cold milk, and place on plate on which it is to be served. Spread lightly with currant, crab apple, or grape jelly. Dip the top half in the milk, drain off all the milk possible, and cover the jelly. Spread the top in the same manner, and decorate with little mounds of whipped cream, part of which may be coloured with a little of the jelly whipped into the cream; place in alternate mounds, capped with a little cube of the jelly. Nuts and dates, or nuts and figs, chopped together may be substituted in place of the jelly, capping the cream with nuts.

10. Oyster Patties. One quart oysters, eight Shredded Wheat Biscuits, one pint milk, four level tablespoons flour, four level tablespoons butter, one teaspoon scraped onion, one cup oyster liquor, salt, and white pepper. With sharp pointed knife cut an oblong cavity in top of Biscuit, ¼-inch from sides and ends. Remove top carefully, then all inside shreds, forming a shell. Sprinkle with salt, dust with pepper, and put a small piece of butter in bottom. Pick over the oysters and fill the shells, season with salt, pepper, and put in buttered pan. Dip the oblong tops lightly in the oyster liquor, cover the oysters, put bits of butter on top, cover the pan, and bake in quick oven 25 minutes. Serve with white sauce made from the milk, oyster liquor, flour, butter, ½ teaspoonful salt and one teaspoonful scraped onion.

11. Asparagus Patties. Two bunches fresh asparagus or one tin of asparagus, one cup milk, two level tablespoons butter, one level tablespoon flour, ½ teaspoon salt, ⅛ teaspoon paprica, eight Shredded Wheat Biscuits. Wash and cut the asparagus into small pieces, boil in salted water till tender. Drain, and add one tablespoon butter, salt and pepper to taste, and pour over it white sauce made of the milk, flour, salt, paprica, and one tablespoon of butter. Prepare the Biscuit shells as for oyster patties, and toast light brown in oven, fill with the mixture and serve hot. If tinned asparagus is used, drain in colander, and let cold water run through it a minute; heat and proceed as with fresh asparagus.

12. Creamed Spinach. One half peck of Spinach, six Shredded Wheat Biscuits, ½ teaspoon

salt, ¼ teaspoon white pepper, ½ cup heavy cream, two level tablespoons butter. Pick over and wash the spinach till entirely free from grit, put in a saucepan without water and set on the stove where it will cook slowly till the juices are drawn out, then boil until tender. Drain and chop fine. Return to saucepan, add butter, salt, pepper, and cream ; heat, but do not cook. Split the biscuit with sharp pointed knife, sprinkle lightly with salt and pepper, toast lightly in oven. Dress with the prepared spinach and serve hot.

13. Chicken Patties. One cup white stock, one cup milk, four level tablespoons flour, four level tablespoons of butter, one teaspoon salt, ¼ teaspoon white celery pepper, two cups cold chicken cut in cubes, six Shredded Wheat Biscuits. Put the stock and milk to heat. Blend butter and flour, add the hot milk, a little at a time, cook two minutes, add seasoning and chicken, and keep hot. Cut tops from Biscuits in oblong shapes, remove inside shreds, toast lightly in oven, fill with mixture and put tops on. Put back in oven five minutes, remove to warm platter, and pour over them the remaining mixture.

14. Apple Patties with Lemon Souffle Sauce. Six tart apples, ½ cup cold water, six teaspoons sugar, six Shredded Wheat Biscuits, 1½ cups milk, one teaspoon flour, ½ cup sifted powdered sugar, yolk of one egg, whites of two eggs, juice and grated rind one lemon. Core and pare apples, put in a pan with ½ cup cold water, teaspoon sugar in space of removed core, bake till tender and nice brown. Prepare the biscuit shells

as for oyster patties and put one apple in each shell, pressing carefully into the corners. Sprinkle lightly with nutmeg, dip the top quickly in cold milk, cover the apple and put little bits of butter on top of each patty. Cover with pan, bake ten minutes, and serve with **Lemon Souffle Sauce** :— Scald one cup milk, add the flour wet with a little cold milk. Cook, stirring all the time, for three minutes. Take from the fire, beat in the yolk of egg whipped very light, with ½ cup sifted powdered sugar. Let the mixture get cold, and beat in the lemon juice and rind, and, just before serving, whip in the whites of two eggs, beaten dry. This sauce is especially nice for apple desserts.

15. Cheese Ramakins. Two eggs, one tablespoon melted butter, ¼ teaspoon paprica, three Shredded Wheat Biscuits, six tablespoons grated cheese, one tablespoon cream, one teaspoon flour. Beat to a cream the eggs, butter, and paprica ; add six tablespoons grated cheese, and work into a smooth paste. Blend the cream and flour and add to the mixture, stir in well, beat one minute, then spread on the Biscuits, that have been separated into halves, and buttered lightly ; brown slightly in oven.

16. Welsh Rarebit. One cup hot milk, ¼-lb. cheese, grated, ½ teaspoon salt, ¼ teaspoon mustard, dash cayenne, six Shredded Wheat Biscuits, one teaspoon flour, one egg well beaten, one teaspoon butter. Put the milk to heat. Mix cheese, flour, egg, mustard, salt, and cayenne in saucepan, and when the milk is scalding hot, add it a little at a time to the cheese mixture. Stir, cooking slowly

until smooth as cream. Take from fire and add butter, stir in well, and pour over the Biscuits that have been prepared as in Recipe No. 1. Serve at once. Prepare the Biscuits before adding the milk to the cheese.

17. Strawberry Shortcake. One quart strawberries, ⅔ cup granulated sugar, six Shredded Wheat Biscuits, one pint milk, one cup cream whipped or plain. Pick over and wash the berries. Crush half of them, sprinkle with the sugar, and set in a cold place till chilled. Split the Biscuits lengthwise with a sharp pointed knife. Dip the bottom half in the milk, drain off all the milk possible, then cover with a layer of the crushed berries, allowing the liquid to saturate the shreds. Dip the top half of the Biscuit, drain, and cover the berries. Place layer of whole berries on top, and dress with the cream. Strawberries may be served in Shredded Wheat Baskets, by filling the baskets with crushed berries, and bedding whole berries on top of the crushed ones. The Biscuit may be prepared in the same way with raspberries, blackberries, bananas, peaches or any suitable berries or fruit.

18. Stuffed Eggs. Six hard boiled eggs, one egg, one tablespoon cold water, two Shredded Wheat Biscuits rolled and sifted, salt and white pepper, three teaspoons Salad Dressing, one teaspoon Worcestershire Sauce, 12 small wooden skewers. Cook 45 minutes, cool thoroughly, cut eggs into halves lengthwise, remove yolks, keeping halves of each egg in pairs. Put yolks through masher or sieve, add salad dressing, Worcestershire

sauce, salt and pepper to taste ; mix into a smooth paste, fill halves of eggs level, put halves together, fasten through ends with skewers, roll in egg and water, then in crumbs and fry in deep fat to a golden brown ; remove skewers. A delicious and dainty luncheon dish.

19. Breaded Eggs, Tomato Sauce. Six hard boiled eggs, two Shredded Wheat Biscuits rolled and sifted, one cup strained tomatoes, ½ teaspoon scraped onion, one bay leaf, little parsley, one tablespoon flour, one tablespoon butter, one egg, one tablespoon cold water, ½ teaspoon salt, ⅛ teaspoon paprica. Cook eggs 45 minutes, thoroughly chill in cold water, cut into slices, salt, pepper, and dip each slice in the beaten egg and water and roll in Shredded Wheat Biscuit crumbs. Set away in cold place one hour and fry in hot fat a golden brown. Serve with tomato sauce made of the tomatoes, onion, bay leaf, and parsley boiled together, remove the bay leaf and parsley, and turn on to the blended flour and butter. Cook two minutes, or till thickened.

20. Egg Toast. Six hard boiled eggs, paprica, celery salt, one cup thin cream, one level tablespoon butter, one level tablespoon flour, four Shredded Wheat Biscuits. Cook the eggs 45 minutes, cool in cold water, remove shells, separate yolks and whites. Make a cream sauce of the cream, flour, butter, ½ teaspoon salt, ⅛ teaspoon paprica ; add the whites of eggs put through the potato masher. Split the Biscuits, sprinkle with celery salt, dust with paprica and toast a light brown in oven ; remove to warm platter, dress

with the sauce, cover the tops with the yolks of the eggs put through a potato masher, garnish with finely minced parsley.

21. Shredded Wheat Chicken Pie. Two cups cold cooked chopped chicken, two cups scalded milk, ¼ cup butter, ¾ cup Shredded Wheat Biscuit crumbs, two tablespoons finely chopped parsley, yolks of three eggs, whites three eggs beaten perfectly dry. Scald the milk and add butter, crumbs, salt and pepper. Cook three minutes, take from fire and add the chicken, parsley, and yolks of eggs, beaten till tight. Last of all, fold and cut in the whites of eggs. Turn into a buttered dish and bake 45 minutes in a moderate oven. Serve with sauce made from two cups chicken stock, two tablespoons flour, and two level tablespoons butter, ½ teaspoon salt, ⅛ teaspoon paprica, or White Mushroom Sauce :—One cup white stock, two level tablespoons flour, two level tablespoons butter, ½ teaspoon salt, ⅛ teaspoon white pepper, one tablespoon chopped onion, one tablespoon chopped carrot, little parsley, ¼ cup cream, ½ cup mushrooms drained, rinsed in cold water, and cut into thirds. Put the butter, onion, carrot and parsley into frying pan and cook slowly 10 minutes, taking care not to burn, then add flour, stirring in carefully, then the stock a little at a time, cooking till thick and smooth, add seasoning, strain and return to fire, add mushrooms, cook five minutes, then add the cream ; heat thoroughly but do not cook.

22. Chicken Fricassée with Shredded Wheat Biscuit Toast. Clean, singe and cut the chicken into pieces for serving. Cover with

boiling water, add one teaspoon salt and ½ teaspoon white pepper. Cook slowly till tender (about one hour), reducing the water to one pint. Take the chicken from the water, remove the large bones, put the chicken where it will keep warm. Add to the pint of stock ½ cup of cream. Blend together in the saucepan, three tablespoons butter and five tablespoons flour ; turn on to it the hot stock and cream, stirring till thick and smooth. Season to taste, with celery salt and white pepper. Place the chicken in the sauce and keep hot while you prepare five Shredded Wheat Biscuits as directed in recipe No. 6. When heated, place Biscuit on warm platter, and arrange the chicken neatly on the Biscuit. Turn the sauce over all and serve at once.

23. Shredded Wheat Cheese Balls. Half a cupful of grated cheese, ¼ cupful Shredded Wheat Biscuit, rolled very fine, whites of two eggs, beaten light, salt and paprica to taste. Mix, and form into balls, and roll lightly in rolled and sifted Shredded Wheat Biscuit crumbs, and fry in hot fat.

24. Cheese Souffle. Four tablespoons butter, two level tablespoons Wheat Flour, ¼ teaspoon mustard, ¼ teaspoon salt, ½ teaspoon paprica, ¾ cup milk, one Shredded Wheat Biscuit, ½ cup grated cheese, three eggs. Melt the butter, in it blend the flour, sifted together with the mustard, salt and paprica. Add the milk a little at a time, and when it begins to thicken, add the Shredded Wheat Biscuit rolled and sifted, and the grated cheese. Remove from the fire, and add the yolks of the

eggs, beaten until lemon coloured. Cool the mixture and cut and fold in the whites of the eggs beaten dry. Bake 25 minutes in a buttered baking dish, or in moulds.

25. Pineapple in Biscuit Baskets. One pineapple, ½ cup sugar, ½ cup ice water, six Shredded Wheat Biscuits. Pare and remove all the eyes from the pineapple, cut into slices and pick into shreds with silver fork. Place layer of pineapple in earthen dish, sprinkle with sugar; proceed in this way till pineapple and sugar are used. Then turn over all the ½ cup of ice water. Set away in cool place till ready to serve or if needed at once, mix all thoroughly and let it stand while you prepare the baskets as directed. Then fill the baskets with the prepared pineapple, using all the syrup, allowing it to saturate the Biscuit thoroughly.

26. Shredded Wheat Biscuit Chocolate Jelly. One-third box any gelatine, ⅓ cup cold water, ½ cup boiling water, ⅓ cake chocolate, ¾ cup Shredded Wheat Biscuit crumbs, ½ cup sugar, pinch salt, one pint milk, one egg, ½ cup cream whipped, ½ teaspoon vanilla. Put the gelatine to soften in cold water, dissolve in boiling water and strain. Put the milk, Shredded Wheat Biscuit crumbs, and chocolate to scald, and cook 10 minutes after the milk is scalded, then add the sugar, salt, and egg beaten together and cook three minutes. Take from the fire, stir in the gelatine and flavour; last stir in gently the whipped cream and pour into a mould wet and cooled with cold water and set away to harden in a cold place. Serve with cream and sugar.

27. Lobster Bisque. One lobster, one quart milk, two cups of lobster stock, ¼ cup butter, ⅔ cup Shredded Wheat Biscuit crumbs, one tablespoon flour, 1½ teaspoons salt, ½ teaspoon paprica. Open the lobster, put the shell and tail meat on to boil in 1½ pints water, and cook 20 minutes. Cut the rest of the meat into cubes or dice. Put the milk on to heat. Work the butter into the crumbs, add the flour and two cups of water in which the shell and tail meat were boiled, and cook ten minutes. Rub through a purée sieve, add to the hot milk and scald. Add dice of lobster meat, salt and pepper and serve hot. If coral is found in the lobster, rub through a purée sieve and add to the bisque just before serving.

28. Cream of Asparagus Soup à la Shredded Wheat. Two bunches asparagus or one tin asparagus, one quart white stock, one quart milk, ½ onion, four tablespoons butter, two tablespoons flour, two tablespoons Shredded Wheat Biscuit crumbs, one cup cream. Cook stock, asparagus, and onion together ½ hour. Strain through a sieve, add one quart of milk to the stock and put on fire to heat, press the asparagus through the sieve, cream the butter, flour, and crumbs and turn on to it the heated milk and stock, and stir till thick and smooth, cooking 10 minutes. Then strain again and add the sifted asparagus. Heat and season, and just before serving, add one cup cream.

29. Fancy Omelet à la Shredded Wheat. Four eggs, four tablespoons cold water, three tablespoons toasted Shredded Wheat Biscuit crumbs, ½ teaspoon salt, two level tablespoons

butter. Put the butter in omelet pan on the stove to heat. Separate the eggs. Add to the yolks, the water and salt. Beat the whites dry, then the yolks and water very light. Turn on to the whites and beat in. Turn into the omelet pan and sprinkle the toasted crumbs evenly on top. When set, put in the oven about two minutes to dry, fold and serve with tomato sauce turned around it, made as follows :—one cup strained tomatoes, one tablespoon flour, one tablespoon butter, one bay leaf, ½ teaspoon scraped onion, little parsley, ½ teaspoon salt, black pepper to taste. Boil together five minutes, remove the parsley and bay leaf, and turn into the blended butter and flour. Stir and cook till a smooth, creamy consistency.

30. Shredded Wheat Biscuit Snow Pudding. One pint milk, three tablespoons rolled Shredded Wheat crumbs, ½ box any gelatine, ½ cup cold water, ½ cup of boiling water, one cup sugar, ¼ cup lemon juice, whites of three eggs, yolks of three eggs, three tablespoons sugar, ½ teaspoon salt, ½ teaspoon vanilla. Soak the gelatine in cold water till soft, dissolve in the boiling water, add the sugar and lemon juice. Stir until the sugar dissolves and strain into a large bowl. Boil the Shredded Wheat Biscuit crumbs in ½ pint water, strain and add to the gelatine, sugar and lemon, and set in ice water to cool. Beat the whites of the eggs and add to the cooled mixture and beat till stiff enough to drop from a spoon. Turn into mould to harden. Serve with a soft custard sauce made from the yolks of the eggs, three tablespoons sugar, salt, vanilla, and milk.

31. Shredded Wheat Biscuit Apple Tartlet. Ten tart apples, six tablespoons sugar, 12 Shredded Wheat Biscuits. Core and pare six apples, place in deep pan, put in the hole in each, one tablespoon sugar, add ½ cup water in bottom of pan, and bake in oven until tender. Make a jelly by placing the parings, cores, and four apples, cut in fourths, in an enamel saucepan with cold water enough to cover them, and cover and cook until tender, mash and drain through a jelly bag, boil twenty minutes, then measure and add same quantity hot sugar, boil five minutes, skim. Then make 12 Biscuit Baskets, as directed in Recipe No. 5; place ½ apple in each basket, crowd down till all the corners are filled, then let them set until cold, and the jelly has cooled, then fill up with the jelly, set in cold place until hardened; serve with milk or cream.

32. Broiled Beef Pulp on Shredded Wheat Biscuit. Scrape raw beef to a pulp; make it into small cakes, and broil the same as steak. Season with salt, add a few grains of cayenne pepper, and serve on the top halves of Shredded Wheat Biscuit toasted.

33. Shredded Wheat Ice Cream. One pint heavy cream, one pint milk, ½ pint sugar, ½ cup toasted Shredded Wheat Biscuit crumbs, one

tablespoon vanilla. Heat the milk, add the sugar, and when it is dissolved add the cream, remove from heat and add vanilla and toasted Shredded Wheat Biscuit crumbs. Put in freezer, turn slowly at first; when it begins to thicken, take off cover, scrape from sides, replace cover and finish freezing, turning more rapidly as it freezes, take out paddle, scrape from sides, pack down smooth, place cork in opening of cover and pack for one hour before serving. For freezing use $\frac{3}{4}$ ice, $\frac{1}{4}$ rock salt; have the ice broken into fine pieces, or better, shaved.

34. Shredded Wheat Biscuit Crust Coffee. Four Shredded Wheat Biscuits split and toasted a very dark brown, break into small pieces and turn over them $1\frac{1}{2}$ pints boiling water, cover and let stand 15 minutes, strain and serve hot or cold, sweetened to taste.

35. Broiled Oysters. Pick over and drain large oysters; dip in melted butter, then in Shredded Wheat Biscuit crumbs, and broil on a fine wire broiler until the juice starts.

36. Broiled Sweetbreads on Shredded Wheat Biscuit Toast. Prepare the sweetbreads as directed for creamed sweetbreads, then split and season with salt and pepper, rub with butter, dredge with flour. Broil for eight minutes over hot coals and serve on Shredded Wheat Biscuit toast with cream sauce.

CHAFING DISH.

37. Buttered Eggs with Shredded Wheat Biscuit Toast. Four eggs, four tablespoons butter, two Shredded Wheat Biscuits. Split and toast the Biscuits. Break eggs separately in saucer. Melt one tablespoon of butter in the blazer, when hot slip the egg in, cook until the white is set, turn it over while cooking. Then place on a half of Shredded Wheat Biscuit, proceed in this manner until each egg has been served.

38. Creamed Eggs on Shredded Wheat Biscuit Toast. Four eggs, ½ cup thin cream, one tablespoon butter, ¼ teaspoon salt, three tablespoons grated old English cheese, ⅛ teaspoon paprica. Split and toast the Biscuit. Break the eggs separately in a saucer. Melt the butter in the pan, then add the cream. When the eggs are nearly cooked sprinkle over them the grated cheese, and season with the salt and paprica. Place the eggs on the toasted halves of Biscuit, turn the cream over them and serve.

39. Eggs en Nest, à la Shredded Wheat Biscuit. Three Shredded Wheat Biscuits, six eggs, ⅛ lb. butter, salt, white pepper. Split the Biscuits and toast a nice brown. Separate the eggs, putting all the whites in one bowl, and each yolk into a cup by itself, in which is a little cold water. Beat the whites until light and dry, then

arrange on the halves of the Biscuits. Make a hollow in the centre of the whites, in which place a small bit of butter, dust very lightly with salt and pepper, lift the yolks of the eggs from the cup with a spoon, letting the water drain off, then place each yolk in a hollow, put a tiny bit of butter on top of yolk, and set in moderate oven until whites are coloured a golden brown; serve at once. A dainty dish for an invalid.

40. Shredded Wheat Biscuit Toast with Cheese Dressing. Quarter cup Granulated Wheat-Shred, one cup milk, ¼ lb. mild cheese, grated, one egg, tablespoon butter, ½ teaspoon salt, ⅛ teaspoon paprica. Turn the milk over the Granulated Wheat-Shred, and let stand 15 minutes, then add the salt, and paprica, and the egg slightly beaten. Melt the butter in saucepan, add cheese, and when the cheese is melted add the prepared mixture, and cook three minutes, and serve on toasted halves of Shredded Wheat Biscuit.

41. Curry of Chicken. One three pound chicken, three tablespoons butter, three tablespoons minced onion, one pint of stock, two tablespoons flour, one tablespoon curry powder, one teaspoon salt, ⅛ teaspoon white pepper, four Shredded Wheat Biscuits. Singe, wash, and draw the chicken. Wipe and cut at joints into serving pieces, removing the breast bone. Dredge with flour. Melt the butter in omelet pan and brown the pieces of chicken. Then remove to a saucepan and put the minced onion into the omelet pan and cook a golden colour. Sift the flour, curry, salt, and pepper together and add to the

butter and onion. When brown add a little at a time the pint of stock, cook until it thickens, then turn it over the chicken and simmer until tender. Just before removing from the saucepan, add one cup of cream, heat and serve with Shredded Wheat Biscuit toast.

42. Scotch Wood Cock à la Shredded Wheat. 1½ tablespoons butter, 1½ tablespoons flour, five hard cooked eggs, ¼ teaspoon salt, four Shredded Wheat Biscuits, ⅛ teaspoon white pepper, one cup thin cream, ½ teaspoon Worcestershire sauce. Make a sauce of the cream, butter, flour, salt and pepper; add the hard boiled eggs, chopped fine, season with the Worcestershire sauce, and serve on the Shredded Wheat Biscuit, split and toasted.

43. Fish à la New Era. Four tablespoons butter, three tablespoons flour, two cups milk, three hard boiled eggs, one teaspoon Worcestershire sauce, two cups cold, boiled, flaked fish, haddock, halibut, salmon or cod, four Shredded Wheat Biscuits, ½ teaspoon salt. Split and toast the Biscuit. Make a sauce by blending the butter and flour, add the salt and Worcestershire sauce, then add the yolks of the eggs, and last the milk, a little at a time. When thickened add the fish, and heat. Serve on the toasted halves of Biscuit. Garnish with mashed whites of the eggs.

44. Minced Lobster on Shredded Wheat Toast. 1½ lb. lobster, two tablespoons butter, ⅛ teaspoon paprica, ½ teaspoon onion juice, four Shredded Wheat Biscuits. Remove the meat

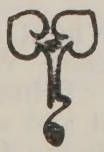
from the shell, and cut into small pieces. Split the Biscuit. Melt the butter in the pan, add onion juice and paprica. Then add the lobster, and while it is heating, toast the halves of Biscuit, then place the lobster neatly on the halves, and serve while it is hot.

45. Lobster à la Newburg. Two cups lobster meat diced, one cup thin cream, yolks two eggs beaten light, 10 drops onion juice, ½ teaspoon salt, ⅛ teaspoon paprica, dash nutmeg, two tablespoons butter. Put the butter in the blazer with the salt, paprica, and onion juice. When melted add the lobster dice, stir, cooking slowly for three minutes, then add the cream, nutmeg, and yolks of eggs mixed together; stir slowly until thickened, and serve on Shredded Wheat Biscuit Toast.

46. Creamed Oysters in Biscuit Baskets. One pint of oysters, one cup milk, ½ cup cream, 1½ tablespoons butter, 1½ tablespoons flour, ½ teaspoon salt, ⅛ teaspoon paprica, five Shredded Wheat Biscuits. Prepare the Biscuits by cutting with a sharp pointed knife an oblong cavity from the top of the Biscuit, ½ inch from sides and ends. Remove the top and all inside shreds, forming a basket. Dust these lightly with celery salt and paprica, and heat through while you are preparing the oysters. Remove all bits of shell. Prepare a sauce by blending in the blazer the butter, flour, salt, and paprica, then add the milk and cream, and stir until thick and smooth, then cook the oysters until plump, add to the sauce and fill the Biscuit baskets. Serve at once.

47. Creamed Sweetbreads on Shredded Wheat Biscuit Toast. Place the sweetbreads in cold water for one hour, then parboil twenty minutes in boiling water to which has been added ½ teaspoon salt, and one teaspoon lemon juice. When taken from the boiling water place again in cold water; this keeps them firm and white. Make a white sauce of one cup milk, two tablespoons butter, two tablespoons flour, ½ teaspoon salt, ⅛ teaspoon white pepper. Break the sweetbreads into small pieces, and reheat in the sauce; serve on halves of Shredded Wheat Biscuit.

48. Sweetbreads à la Scrambled Eggs. One sweetbread, three eggs, ¼ cup milk, three tablespoons butter, ½ teaspoon salt, ⅛ teaspoon white pepper. Prepare the sweetbread as directed in recipe for creamed sweetbreads, break into small pieces with a silver fork. Beat the eggs slightly, add sweetbread, salt, pepper, and milk. Melt butter in blazer. When melted, pour in the prepared mixture, and cook until jelly-like, breaking into curds with a silver fork, by scraping from bottom of pan. Serve on Shredded Wheat Biscuit toast.



SPECIAL TO MOTHERS.

Many mothers, after having tried unsuccessfully almost every Baby Food, have found in Shredded Wheat just the right thing needed to bring their little one on steadily and evenly to sturdy health and strength. Here is a recipe—

49. Shredded Wheat as a Baby Food. 1 pint water, ½ pint milk, 1 Shredded Wheat Biscuit, ⅛ teaspoon salt, 2 teaspoons granulated sugar.

Bring the water to a boil, then add the Shredded Wheat Biscuit and cook slowly for fifteen minutes. Remove from the fire and add the milk, salt and sugar, then strain through a fine cheesecloth, pressing through all that will come through. When cool, set away the liquid, covered, in a cold place till needed. When ready to use, heat the required amount to 98° F. and give by means of a feeding bottle. (Consult your own physician as to quantity to be used for a "feeding.")

When baby has discarded his bottle, give him Shredded Wheat gruel, which is made as follows:

50. Shredded Wheat Biscuit Gruel. One pint water, 1 Shredded Wheat Biscuit, salt to taste, 1 cup milk. Bring the water to a boil, add Shredded Wheat and salt, cook half an hour in double boiler, stirring frequently. Then add the milk, and when hot it is ready to serve. If to be used for an infant or small child, strain.

Building Sturdy Boys and Girls

You cannot build sturdy, robust boys and girls out of books and sermons. Mental vigor and moral stamina cannot come from poorly nourished bodies no matter how careful or painstaking may be the instruction in home or school.

The best food for growing children is Shredded Wheat, because it contains in well-balanced proportion all the food elements that are needed for making sound muscle, good bone and brain. It is better for children than mushy porridges that are bolted down without chewing. One or two Shredded Wheat Biscuits eaten every morning with hot milk and a little cream will keep the stomach sweet and clean and the bowels healthy and active — and the chewing of the crisp shreds will develop sound teeth and healthy gums.

The Food To Grow On,

To Study On, To Play On

Your Grocer Sells It

TRISCUIT

The World's Daintiest Toast

Triscuit takes the place of the cream cracker, and as a toast, is used with butter, cheese, marmalade, etc. It is the same delightful Shredded Wheat but in wafer form, and as such is ideal for chafing dish cookery or for making rarebits. As containing the greatest amount of nourishment in the smallest bulk, "Triscuit" is invaluable for light housekeeping, picnic parties, sporting excursions, railway travelling, etc.

SHREDDED WHEAT CO. LTD.

Aldwych : : LONDON